

Jambalaya

Jambalaya is a spicy southern rice dish with tomatoes and veggies. This recipe is Creole style, which means that the rice is simmered in tomato paste, rather than just water. Although this recipe calls for zucchini and okra, but eggplant, mushrooms or yellow squash could also be used.

Ingredients:

- 1 onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 green bell pepper, chopped
- 1 1/2 cups uncooked rice
- 1 6 oz can tomato paste
- 5 cups vegetable broth
- 2 zucchini, sliced
- 1 1/2 cups okra, fresh or frozen)
- 1 can diced tomatoes
OR 4 large tomatoes, diced
- 1 cup mock meat, such as Gimme Lean or Morningstar Farms Crumbles (optional)
- 1 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp cayenne (or to taste)
- 1/2 tsp black pepper
- 1 tsp dried parsley
- 1/2 tsp seasoned salt



PREPARATION: In a large bowl, mix tomato paste with broth until smooth and set aside. In a large pot, sauté onion, garlic, celery and green pepper until slightly soft, about 5 minutes. Add uncooked rice and allow rice to toast for one minute, stirring. Add tomato and broth mixture. Reduce heat, cover and simmer for about 10 minutes, stirring occasionally. In a separate skillet, sauté the okra, zucchini and mock meat until just barely cooked, about 3-5 minutes. After the rice has cooked about 10 minutes, add the sautéed mock meat and veggies, spices and diced tomatoes, stirring well. Cover, and allow to simmer 10-15 more minutes, stirring occasionally, until veggies are fully cooked and rice is soft. Serve with hot sauce if desired, and enjoy!

WOW TIP: Omit or reduce salt to control sodium content.

Recipe Source: <http://vegetarian.about.com/od/maindishentreerecipes/r/Jambalaya.htm>